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Photodynamic therapy (PDT) ADVICE & AFTERCARE INSTRUCTIONS

Information on PDT using natural daylight (ND- PDT with ALA 20%)

- Typically we choose natural daylight activated – this means you will need to have 2 hours of daylight on the skin after the ALA gel has been applied by our nurse
- We choose ND-PDT as this is typically not painful (compared to red light) and produces the best outcomes
- PDT is a photosensitizing process that use ALA chemical which causes an oxygen free radical process to remove sun damage (actinic or solar keratosis)/early superficial BCC skin cancers.
- If is safe and typically has very few contraindications or interactions with medications – making it suitable for the majority of patients, your doctor will have reviewed your case to be sure it is suitable for you.
- If you develop a cold sore prior to the treatment please advise the clinic as we may not be able to proceed

On the day of the procedure:

- Apply an untinted SPF 50 to a clean, un-moisturized, no makeup skin 30 – 60 mins **prior** to attending the clinic
- If you have long hair or a fringe, please bring a headband or clips to keep hair off your face
- Once the nurse has applied the treatment you will need to spend 2 hours in daylight – it is essentially this is a continuous period and not broken up, but the 2 hours can start once you drive home (driving time doesn't count)
- After the 2 hours wash the treatment off with a bland face wash and then apply a bland moisturizer

Aftercare:

- Your skin **may** be quite red like you have been sunburned after the first 12hrs, this is normal.
- Your skin will be extremely sensitive to light for up to 48 hours after treatment, SPF 50 and general sun smart care is strongly advised but you do not need to remain indoors.



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- Your skin will begin to peel within 2-4 days. Do not pick, peel or exfoliate the flaking skin – showering/washing the face is totally acceptable but please use a simple face wash.
- Expect redness, peeling and occasionally crusting. Bleeding and pus are reasons to contact the practice.
- Bland, soap-free cleansers and moisturizers such as Cetaphil cleanser and moisturiser are ideal for the first 2 weeks
- Pain and swelling can be treated with standard pain relief
- Avoid applying ice or cool packs but a damp cloth may be applied if there is a little swelling.
- Your skin will begin to heal naturally within 7-14 days.
- Please contact the practice if you have any concerns.
- **Please book a follow up appointment 8 weeks after the PDT.**